

## **Shadow Mountain HS Official Boys Cross Country Practice Details**

Start Date - Monday, August 17th

Practice Days - Monday - Thursday and Saturdays (NO Friday Practice)

Practice Times - Monday - Thursday, 5:00 AM - 6:45 AM / Saturdays 6:00 AM - 8:00 AM

All practices will start and finish at the Matador Arena Gym.

All practices will be conducted outdoors.

During remote learning, athletes will go home after each practice to get ready for school.

No locker rooms will be used until we are back to regular, in person school.

Each practice athletes must come ready to run with proper running clothes, running shoes and their own cold water bottle.

Official Cross Country Practice starts Monday, August 17th. All athletes MUST be cleared through [Register My Athlete](#) in order to participate. **Athletes DO NOT need a new athletic physical for this school year.** But, parents must upload last year's physical on this site for this year. If parents need a copy of last year's physical, please contact Melissa Kern at 602-449-3044 or [mkern@pvlearners.net](mailto:mkern@pvlearners.net).

All incoming freshmen MUST have a doctor's athletic physical.

COVID-19 stipulations will be in effect for all practices. These will be covered when we get closer to official practice,

Questions: Contact Coach Pestka, [gpestka@pvlearners.net](mailto:gpestka@pvlearners.net)